

Feta-Stuffed Turkey Burger with Arugula Pesto

Yield: 4 servings

Ingredients:

- 1 red bell pepper
- 2 cloves garlic, minced
- 1/4 cup extra virgin olive oil
- 1 pound 95% lean ground turkey meat
- 1/2 cup crumbled feta cheese
- 2 ounces arugula
- 2 tablespoons pine nuts
- 2 tablespoons parmesan, freshly grated
- 4 whole wheat buns
- 1 teaspoon garlic powder
- Salt and freshly ground black pepper



Preparation:

For the Roasted Red Peppers:

Place the bell pepper on a grill prepared for medium heat (or place on a baking sheet under the oven broiler). Allow the pepper to blacken and char on all sides, turning every 5 minutes. When all sides are charred, after about 15-18 minutes, place the pepper in a bowl, cover and allow it to sit on the counter for about 45 minutes. When the pepper has reached room temperature, peel off the charred and blackened skin. If the pepper is cool, the skin should easily peel away. After all of the skin is removed, cut the pepper into thin strips. Place the strips in a bowl and season with salt and pepper. Add 1 clove of minced garlic and 1 tablespoon of olive oil. Cover and place in the fridge for at least two hours and up to one day.

For the Arugula Pesto:

Preheat the oven to 375 degrees F.

Place the pine nuts on a parchment-lined baking sheet. Toast them in the oven for about 5 minutes, or until they are light golden. Watch carefully – pine nuts burn quickly. Place the arugula, 1 garlic clove, the toasted pine nuts, and the grated parmesan into a food processor. Season with salt and pepper and pulse until a thick paste is created. Add 2 tablespoons of olive oil and pulse until well-combined.

For the Feta-Stuffed Turkey Burgers:

Prepare the grill for medium heat.

Divide the ground turkey meat into four evenly portioned balls. Season well with salt and pepper. Flatten each in the center, pushing the outer edges up to form a bowl shape. Place 2 tablespoons of crumbled feta into each “bowl.” Fold the edges over the feta, until the cheese is completely sealed into the center. Place the patties on the grill and allow them to cook, untouched, for about 7 minutes. Flip the burgers and allow the second side to cook for an additional 7 minutes.

Slice the burger buns in half. Measure a tablespoon of olive oil and spread evenly on each half. Season with salt and pepper. Sprinkle garlic powder over each half. Place on grill (already heated to medium heat for the turkey burgers) and toast until lightly golden.

Spread arugula pesto over toasted burger bun tops. Assemble burgers with feta-stuffed turkey patties and roasted red peppers. Serve.